



# FALL INTO WELLNESS CHALLENGE

OCT 5 - NOV 16

## How It Works

Complete the tasks below via the Rally Health App or rallyhealth.com:

1) Rally Health survey

2) At least four missions. Each one must fit into the following categories:

Exercise

Nutrition

Stress

Your choice!\*



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\*Cannot be an exercise, nutrition, or stress mission

\*\*All prizes are subject to tax

Receive a \$25  
Snappy gift for  
successfully  
completing the  
challenge!\*\*



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## How To Get Started

- Visit [rallyhealth.com](http://rallyhealth.com) and create an account. You can also download the Rally Health App and do the same thing. You'll need your insurance card to complete this step.
- Then, complete your Health Survey to get your Rally Age. The survey takes a few minutes.
- Finally, click on the 'Health & Wellness' tab and scroll through the missions you'd like to join. Make sure you read and follow the directions for each mission.



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## Frequently Asked Questions

### **How long is the challenge?**

The challenge is six weeks. It runs from Monday, October 6th through Monday, November 16th. Most of the missions are four weeks in length, so we give you some leeway to complete your Health Survey and four missions.

### **What happens if I have completed all the tasks prior to when the challenge ends?**

That's great! Feel free to try/sign up for other missions or utilize other helpful aspects of Rally Health. At the end of the challenge, a Healthy Columbus staffer will reach out with your Snappy gift code.

### **What is a Snappy gift?**

Meetsnappy.com has simplified the process of giving gifts! You receive the code and link to their Snappy portal via email with qualifying gifts. You then choose the gift you want, fill out shipping information, and they ship it to your home address for free!



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Questions? Contact Jacob Hittle at [JTHittle@columbus.gov](mailto:JTHittle@columbus.gov).